

# ***FIRECRIER***

***West Des Moines Fire Department***

***MARCH, 2014***



## **UPCOMING DATES**

◆ **Easter Egg Hunt: Saturday, April 19<sup>th</sup>, 2014 at 10:30am** DMACC West Campus

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## **ON THE SPOTS**

Kurt Westhoff

John Gallagher

Corry Dolbeer

Derrik Bingham

Scott McFarland

## **EDUCATIONAL ACHIEVEMENTS**

Winter Fire School – [Nermina Music](#)

## **New Fitness Equipment**

As some of you may have already noticed, we've purchased some more equipment for each station. Basically we've now acquired enough equipment at each station for two individuals to conduct CrossFit workouts together. If you have an entire crew that likes to workout together and you're creative, there's enough for all 4 members to get the job done.



*Actual wallballs – the homemade basketballs/sand have been discarded*

Equipment such as the climbing ropes, gymnastic rings and pullup bars won't be in-service right away due to the fact that we need to decide where the best locations for them are in each station. But my hope is to have everything done by the time this issue of Fire Crier is published.

Even if you haven't adopted the CrossFit methodology for your fitness improvements, you can benefit tremendously from the Movement and Mobility equipment that has also been purchased. Some of it looks a little weird, but it's the most important set of tools we have to prevent injury and to rehab quicker when injury does occur. I encourage all personnel to read the first four chapters of *Becoming a Supple Leopard* to familiarize yourself with basic movement concepts. This will not only help you understand how these concepts apply across all platforms – whether you're running a marathon, playing football or lifting a patient -- it will also help you understand where I get all my crazy from.



If any crews or crew members are interested in having me come around to show you how to make use of these tools, I am certified as a Movement and Mobility trainer. Please just have your Lieutenant contact me and schedule training time in FH. As far as any other questions or concerns regarding any of this equipment, please don't hesitate to contact me.

Will Jess

### **KEEP YOUR FINGERS CROSSED**

**We have applied for three various federal grants the last twelve months totally \$1,120,863 and are still waiting for decisions:**

**SAFER ACT- 6 F/Fs- \$1,005,984**

**FIRES ACT – SCBA - \$25,000**

**FIRE PREVENTION – Knox boxes- \$89,879**

### **ABOVE AND BEYOND**

I wanted to let you know what a great job Lt. McFarland, Correy and Derek did on Tuesday night when they responded with us to an unconscious 24 year old female. Upon our arrival we were met at the door by a male telling us to hurry that the pt. was barely breathing, if at all. We went inside to find the female laying on the floor, blue and breathing about 6 times per minute with her 3 year old daughter next to her sobbing. This ended up

being a heroin overdose and the patient and her daughter were visitors to the residence. The male present was the boyfriend of the homeowner who had left just as we arrived. We were able to stabilize the patient and spend some extra time helping to find family to come and get the daughter.

The initial events of stabilizing the patient are part of our job. It's what we come to work to do and are paid to do, but it's the "extra" things they did that you would be proud of. Derek was very helpful to Officer Anderson in obtaining names, addresses and phone numbers of family members to possibly come and get the daughter. He also made it a point several times to check on us in the back of the truck to see if we needed anything or if anything had changed. Lt. McFarland and Correy stayed inside of the residence and took care of the daughter and helped look for the pt.'s cell phone. They made sure the little girl wasn't hungry or thirsty and the best part was that they set up a gaming system and played My Little Pony video games with this little girl to keep her mind off of her mommy. I was in and out of the residence several times and she was always happy and playing as if she had known them forever.

It has been a busy evening and these guys had just come from another call with us. They easily could have left when the pt. was stabilized and gone back to the station to eat and relax for the evening but they didn't. Instead, they stayed and helped take care of a little girl as if she was their own.

Jodi Hall EMT-P, CCP

### **CITIZEN FIRE ACADEMY BEGINS**

Driver/Operator Corry Dolbeer is facilitating the 11<sup>th</sup> Citizen's Fire Academy in the last nine years. The group started on March 24<sup>th</sup> with 18 citizens. They will be introduced to many aspects the fire department operations and fire safety along with being actively involved in a lot of physical activities.

Chief's New Favorite Song – “Everything is Broken” by Johnnie Lang



*D.C. Eslick's Office- Water Damage*

## **“B” SHIFT HAS A STRING OF FIRES**

Over a period of two shifts “B” shift had four (4) structure fires. All were held to general area of origins.



**DSM Golf & Country Kitchen Fire**



*E210 in Parts (many parts).*

## **DES MOINES CALLS FOR MUTUAL AID**

We believe only the 2<sup>nd</sup> time in 14 years, DSM FD called for mutual aid recently at the 3 alarm Younkers fire that has made CNN news. L215 “C” responded with hydraulic overall.

As of March 31<sup>st</sup>, we have had 147 more incidents then we had last year in the first two months of the year.

## **FROM WINTER TO CONSTRUCTION**

Beginning in two weeks, the parking lot at #21 will be replaced with a concrete lot. No meetings are training should be scheduled at #21 until about August of 2014. We HOPE that the station #17 construction project will be completed before May of 2014.